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**State Fire Marshal Reminds People to Change Your Clock, Change Your Battery  
Sunday March 8, 2009**

Every second weekend in March, we turn the clocks ahead one hour. This is a good time to also change the batteries in your smoke detectors and now your carbon monoxide alarms.

“The peak time for home fire fatalities is between 10 p.m. and 6 a.m. when most families are sleeping,” says State Fire Marshal Stephen Coan,. “Smoke alarm maintenance is a simple, effective way to reduce home fire deaths. Children and senior citizens are most at risk, and a working smoke alarm can give them the extra seconds they need to get out safely.” Remember that on Sunday, March 8<sup>th</sup>, when you *Change Your Clocks Change Your Batteries*.

*Administrative Services • Hazardous Materials Response*  
*Massachusetts Firefighting Academy • Office of the State Fire Marshal*